**Obesity in children become a real problem faced many children in the world. Day after day we see the numbers of these children increase continuously .This essay will discuss the problems and possible solutions of the obesity in children.   
  
There are many problems caused by obesity. First, obesity cause psychological problems for the children . For example, sarcasm that exposed to obesity children by his colleagues in school. In addition, different diseases can affect on this children. For example, dyspnea , heart and lung diseases .**  
However, there are many solutions of obesity. First of all, parents should register there children into a health club. So they can do exercises to reduce there weight. Also family and friends should support the obesity children's. That means people should not mock on the obesity children's. Last but not least, parents should give there children's healthy foods. Healthy foods like fruit, vegetable and avid them eating candy and chocolates.   
  
Obesity is a huge problem that must be considered. The society should support the children's to reduce there weights. We should put our hands together to solve this problem that effects our children's life at the future.